

Partnering for Prevention: Everyone Has a Role

12th Annual State of NH Suicide Prevention Conference

Presented by the collaborative effort of the following statewide organizations:
NH Suicide Prevention Council (SPC), NH Public Health Network (PHN), Youth Suicide Prevention Assembly (YSPA), and National Alliance on Mental Illness NH (NAMI NH)

Friday, November 6, 2015

7:30 to 8:15 AM - Registration, Continental Breakfast & Exhibits

8:15 AM to 4:00 PM - Program with Lunch Provided

SERESC Conference Center
29 Commerce Drive, Bedford, NH

Opening Session: Trauma & Suicide Prevention: Connecting the Dots

Doryn Chervin, Dr. P.H., Executive Secretary, National Action Alliance for Suicide Prevention, VP and Senior Scientist, EDC



Individuals of any age can experience pain from *adverse childhood experiences* (ACEs), no matter how long ago the trauma may have occurred – days, months, years, even decades. Research has demonstrated that ACEs are strongly related to the development and prevalence of a wide range of health problems throughout the lifespan, including substance abuse and depression. Trauma survivors may sometimes engage in high-risk behaviors as a way of coping. As we work towards fulfilling a vision of a nation free from the tragedy of suicide, it is critical that we understand how the most pressing health and social problems in our country can arise from childhood maltreatment. Realizing the connections is likely to improve efforts towards prevention and recovery.

Closing Session: One Day at a Time: My Journey of Healing

Tarah Hipple, National Speaker, Loss Survivor



At the age of 7 Tarah lost her brother to suicide. She will share with us how her artistic program emphasizes the power of peer support and bystander intervention in everything from preventing negative behaviors and violence, to identifying serious warning signs of depression, substance abuse, and suicidal intentions. Her innovative presentation will demonstrate how to enhance learning by changing the culture and stigma surrounding suicide and mental health. Building on the energy and motivation of poetry and music, Tarah will discuss her journey of healing!

Note: These workshops reflect diverse information and best practices. Suggested audiences are noted in parentheses after each workshop description. At the request of participants in past conferences, suggestions are made simply to help explain for whom the workshop is primarily geared. This is not intended to restrict you from participating in the workshop of your choice but to help you in make a selection.

PRO= Providers such as mental health, medical, social services and educators;
LME= Law enforcement, military, 1st responders;
CMH=Consumers of mental health services;
SCH= Schools

FAM= Family;
SSL= Survivors of suicide loss;
MBE= Media, business/employer;

AM Workshops (10:15 -11:45 am- select one)

A. Integrated Care in Suicide Prevention (Presenter: Karl Boisvert, MA, LCMHC)

Integrating behavioral and medical care can have a significant impact on suicide prevention efforts. This workshop will help participants recognize and understand the screening and assessment tools and strategies for identifying lethality risk. Referral and treatment resources for populations at risk for suicide will be discussed. The program will also outline and discuss the NH laws relative to involuntary emergency treatment in the state of New Hampshire. *(Suggested audience: CMH, FAM, PRO)*

B. First Responders and Loss Survivors: Both Sides of the Door (Presenters: Janyce Demers; Keith Chauvette; and Debra Grow; Debbie Baird, Facilitator)

Through a panel presentation of personal accounts, this workshop will offer a message of healing by providing the different perspectives of dealing with the tragic loss by suicide. Panelists will include a family loss survivor, a police officer and a police chaplain. They will describe the emotional and physical impact the journey has had on them and highlight the crucial need to support all who are involved in these tragic experiences. What are some interventions and resources that may help survivors feel more grounded and helped? *(Suggested audience: FAM, LME, PRO, SOSL)*

C. Helping Youth Save Lives Through Media (Presenters: Jennifer Sabin, MSW; Sarah Shanahan, MA; and Rebecca L.K. Taylor, CTRS/L)

Using media literacy, this workshop will illustrate how media can have an effect on suicide risk, particularly with vulnerable, high volume users such as youth. It will describe how media influences behavior, both positively and negatively, and will explore how media can be used as a tool for positive messaging and advocacy. Examples of media literacy as applied with youth will be provided. The presentation will explore ways that we can guide youth to create pro-social messages about suicide prevention. *(Suggested audience: PRO, FAM, LME, SSL, CMH, MBE)*

D. Ethics and Confidentiality Issues: Addressing Suicide Risk (Presenter: Jacqui Abikoff, LICSW, MLADC)

This workshop will examine the issues of ethical responsibility inherent in working with suicidal clients. To include the conflicts between professional responsibility to client self-determination vs. responsibility to client safety and wellbeing, as well as the ethical conflicts and confidentiality issues involved in involuntary hospitalization of suicidal clients and the conflicts between risk management and standards of care. Recognizing and understanding the impact of substance use is critical in suicide prevention. This session will discuss the scope of practice and expertise needed in working with suicidal clients with co-occurring disorders. *(Suggested audience: PRO)*

E. Exploring Military Culture: Ethical and Practical Considerations (Presenters: (Loren E. Haberski, LICSW and Chaplain Steven Veinotte)

This workshop will utilize a case scenario to explore military culture, multi systems involvement and unique challenges facing military members. Group members will participate in exploring any treatment barriers, appropriate resources, ethical dilemmas and treatment options. Participants will engage in a discussion to identify suicide risk factors, protective factors and apply assessment tools. The NASW Code of Ethics will be referred to in order to help define the ethical concerns and to outline problem-solving strategies to address the concerns. *(Suggested audience: FAM, LME, PRO)*

F. New Hampshire's Suicide Prevention Council: What it Does and How it Helps (Presenters: Debbie Robinson, MS, CTRS/L, FACHE and Daniel Potenza, MD)

This session will provide an overview of the New Hampshire Suicide Prevention Council, its mission and goals. The goals, projects and accomplishments of the Council's eight subcommittees will be briefly described, with discussion on opportunities for involvement. Clinicians will be introduced to the multi-layered approach to suicide prevention in New Hampshire offered by the Council's work in eight domains: Law Enforcement, Survivors of Suicide Loss, Public Policy, Communication, Data, Cross Training & Professional Education, Military, and Suicide Fatality Review. Access to resources will be discussed. *(Suggested audience: ALL)*

PM Workshops (12:45 – 2:15 pm – select one)

G. Suicidal Youth Beyond Discharge: NH Hospital Aftercare Project (Presenters: Shannon Murano, MS, and Elaine de Mello, MSW, LICSW)

The NH Hospital Aftercare Project was established through a federal suicide prevention grant and provides a unique bridge for youth (aged 24 and under) being discharged from NH Hospital who are at high risk for suicide. An aftercare liaison helps to link youth and their parents with key information and tools related to suicide prevention. The project also connects the youth served to natural supports that will help promote recovery and wellness. The overall goal of the project is to reduce readmission and suicide risk, and promote stability and reintegration into the community. Presenters will share best practices and resources around continuity of care, accomplishments, challenges and case reviews demonstrating the effect and outcomes of this project.

(Suggested audience: PRO, FAM, LME, SSL, CMH, MBE)

H. Peer Support in Law Enforcement & the Military (Presenters: Major Russell Conte, NH State Police and Caroline Hatala, PsyD)

Peer groups in law enforcement and military settings have come a long way, and they continue to evolve with the times in an effort to preserve families and save lives. This workshop will outline the importance of peer support for law enforcement and military professionals. While these groups take place within the law enforcement/military culture, involving support from the community is essential. Examples will showcase successes where intervention by peer groups made “all the difference” in preventing the separation of families and self-harm to do career exposure. *(Suggested audience: LME, PRO, FAM)*

I. Professionals as Survivors of Suicide Loss: Ethical Considerations (Presenter: Ken Norton, LICSW)

Research indicates that the suicide death of a client can have a profound personal and professional impact on clinicians working in the mental health field. Likewise the death of a family member, friend or colleague can also take an emotional and professional toll. Too often professionals who are survivors receive inadequate support in navigating ethical dilemmas, including legal, personal and performance related issues which can occur in the aftermath of a suicide death. This workshop will explore these difficult challenges and will include personal accounts from colleagues who will discuss how suicide death has impacted them.

(Suggested audience: PRO, SCHL, SOSL)

J. Suicide Risk & Resiliency in our LGBTQ Population (Presenters: John N. Dawson, LICSW and Gerri Cannon)

This workshop will include lived experiences from the perspective of sexual and gender minorities, the current prevalence data, and what is known to ameliorate the risks with structural stigma. LGBT people are challenged trying to meet social norms that don't necessarily allow acceptance, even in their own families. Searching for support resources is not their highest priority until it is too late. The presenters will share their stories, highlighting what hurts, what helps, and where hope lies.

(Suggested Audience: SCH, FAM, PRO, CMH, MBE)

K. Continuum of Care: Substance Use Disorder & Suicide Prevention (Presenters: Mary Forsythe-Taber, CPS and Ann Duckless, MA)

Substance misuse has been clearly correlated with an increased risk for suicide in client populations. This workshop will provide an overview of the Substance Use Disorder Continuum of Care initiative currently evolving across NH's Regional Public Health Networks. This comprehensive model is an integrated, accessible, and responsive approach to all aspects of substance misuse, to include prevention, intervention, treatment, and recovery. Collaboration with the larger field of suicide prevention ensures client safety across all care continuums. Presenters will share research findings and key strategies to promote client safety from suicide risk across the recovery spectrum. Let's join together to uphold healthier and safer lives for individuals in recovery from substances! *(Suggested Audience: CHM, FAM, LMG, PRO, SCH, SSL)*

L. Mindfulness-Based Stress Reduction (Presenter: Virginia (Ginger) Mentel, MA, CAGS)

Mindfulness training is a well-researched and evidence-based tool that helps us to change and achieve healthier behaviors by learning how to train and “re-wire” our mind and develop in increased resiliency to stress. It helps us to maintain a moment-by-moment awareness of our thoughts, emotions, physical feelings and environment. Through this workshop, participants will learn skills to train the mind, heart and body to be fully present with life and identify some coping skills that may help to alleviate those stressful moments. All participants will leave this workshop with a meaningful mantra and a smile! *(Suggested audience: PRO, LME, SSL, CMH, FAM, MBE)*

**Celebrate life and remember a loved one lost to suicide.
Come with a picture of your loved one and create a picture button.
No Charge, free to attendees.**



A Serenity Room will be open throughout the day for anyone seeking a safe, respectful and confidential environment to either talk about their experiences, issues or concerns, or to quietly reflect.

To Register

Space is limited, so please register early!

Check type of registration (include type of CEU if you are requesting CEUs):

Type of Registration:	Early Bird registration postmarked before Oct 6, 2015:		after Oct 6, 2015:
General registration with certificate of attendance ONLY	\$90 ____		\$110 ____
Registration with CEU** Certificate	\$110 ____		\$130 ____
Please check all CEU's that apply: SW ____ LADC ____ CPS ____			

**** CEU information (Continuing Education):**

CEUs are pending applications for CEUs have been submitted to the following agencies and the conference committee is awaiting determinations:

- ✓ NH Chapter National Association of Social Workers (NASW) -If approved these credits may be used by anyone licensed under the NH Board of Mental Health Practice
- ✓ NH Licensed Alcohol & Drug Counselors (LADC) Board
- ✓ NH Prevention Certification (CPS) Board

Select an AM and PM Session (please circle one for each):

AM Session: A B C D E F

PM Session: G H I J K L

Name

Organization

Address (Street, City, State & Zip)

Phone

Email

❖ **Questions?**

For general conference inquiries, contact Cindi LaPointe at Cynthia.J.LaPointe@dartmouth.edu

- ❖ **Scholarships:** Limited scholarships are available. Scholarship application **deadline is 10/6/15**. (Scholarships do not cover CEUs.) For more information, contact Patrick Roberts at proberts@naminh.org.

❖ **Accessibility/Dietary Needs:**

Please let us know if accommodations are needed for communication access by contacting Patrick Roberts at proberts@naminh.org by **10/6/15**. If you have dietary needs, indicate here:

Mail registration and check made payable to:
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ATTN: Cindi Lapointe